



25-02-2023

SSICOE-N-41-2023

Shah Satnam Ji College of Education

Notice

It is hereby informed that the sports club of the institution is going to organise a "Yoga and Healthy Food Habits - a way of Life" on 27-02-2023(Monday). Presence of all the students is mandatory.

Principal

[Handwritten Signature]
25/2/23



स्वस्थ रहने के लिए संतुलित आहार के साथ योग जरूरी : रजनी

सिरसा। शाह सतनाम जी कॉलेज ऑफ एजुकेशन में स्पोर्ट्स क्लब के सौजन्य से आयोजित की गई। कार्यक्रम में देश की सांस्कृतिक और जलवायु के परिवर्तन को ध्यान में रखते हुए योग करने से स्वास्थ्य को बढ़ा देने और जीवन में योग को अंग बनाने का उद्देश्य था। कोलेज प्राचार्य डॉ. रजनी बाला ने कहा कि यदि हमें स्वस्थ और सिरसियों रहना है तो संतुलित आहार के साथ-साथ योग भी करना है। योग हमें अच्छे स्वास्थ्य और सुख प्रदान करता है। योग की शक्ति दिव्य है। योग के आसन कापालभाति, अनुलोम, विलम्ब, धन्यासन, भद्रासन, वाहसन, सूर्य



शाह सतनाम जी कॉलेज ऑफ एजुकेशन में योग करती छात्राएं। 10/02/23

नमस्कार, धन्यासन, त्रिकोणासन, पद्मासन, वाहसन करवाया गया। प्राचार्यिका मुरली ने कहा कि संतुलित रहने के लिए संतुलित आहार बहुत जरूरी होता है। संतुलित आहार एक ऐसा होता है

जिसमें विविध मात्रा और अनुपात में विभिन्न प्रकार के खाद्य पदार्थ होते हैं। भोजन में पर्याप्त मात्रा में कार्बोहाइड्रेट, प्रोटीन, लिपिड और फाइबर होने चाहिए। संतुलित

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SSJCOE-SC-49-2023

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Shah Satnam Ji College of Education

Staff Circulation

All the members of the staff are informed that the Sports Club of the college is going to organise a workshop on "Yoga and Healthy Food Habits - a way of Life" on 27-02-2023 (Monday). Following duties are assigned:

Nature of Duty	Name of the Staff Member	Signature
Coordinator	Dr. Meenakshi	
Speech on Yoga and Healthy Food Habits	Mrs. Gurjot Kaur	
Instructions regarding Yoga	Mr. Suresh Kumar	
Seating Arrangements	Mr. Sandeep Singh, Ms. Anju Rani	
Chat Preparation	Mrs. Rajni Bala	

Azadi Ka Amrit Mahotsav

Yoga & Healthy Food Practices

Date: 27/02/2023

Azadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of independence and the glorious history of its people, culture and achievements. To celebrate Azadi Ka Amrit Mahotsav, the Sports Club of Shah Satnam Ji College of Education, Sirsa organized a workshop on 'Yoga & Healthy Food Practices- A Way of Life' under Azadi Ka Amrit Mahotsav. The objective of this workshop was to aware the students about the benefits of yoga and healthy food. Yoga is the most trending thing in the world and is believed to have originated in India about 5,000 years ago. This programme was hosted by Dr. Meenakshi (Associate Professor). The programme started with the speech on benefits of yoga and healthy diet delivered by Mrs. Gurjot Kaur (Lecturer). She said that yoga keeps our body and mind fit and increases our concentration power. Moreover, it enhances energy and flexibility of body. Therefore, everybody should practice yoga every day. Yoga boosts our immunity system. It makes our body disease free. At the end, she said that we should take healthy diet to live a healthy life.

After her speech, Yoga Asanas like Surya Namaskar, Kapalabhati and Tadasana were performed by the staff members and students of D.El.Ed., B.Ed & M.Ed. Ms. Divya (B.Ed. IInd Year) gave instructions regarding performing these Yoga Asanas. Warm up exercises were taken and all the students practiced and performed sitting and standing asanas, importance of these were explained simultaneously.

The Programme was concluded by Dr. Rajni Bala (Principal). She addressed the students and motivated them to practice yoga daily and have healthy diet to stay fit.


Principal
Shah Satnam Ji (PG) College
of Education, Sirsa-125055